

ENFIELD SENIOR CENTER 2013 - 2014 ANNUAL REPORT



As a focal point for aging services, the Enfield Senior Center provides social, educational, and recreational opportunities to enrich the mind, body and spirit of older adults in an open and accepting atmosphere.

Enfield Senior Center
299 Elm Street
Enfield, CT 06082
860-763-7425

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Cynthia McGuire, Admin. Assistant
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Jaime Ingaran, Program Coordinator
Irene Giampetro, Facilities Assistant
Edgar Robinson, Facilities Assistant
Laurie Crisafi, Fitness Assistant
Antonio Costa, Fitness Assistant
Leslie Carpenter, Fitness Assistant

Contact Information

Phone: 860-763-7425

Fax: 860-763-7429

E-Mail: slather@enfield.org

Website: www.enfield-ct.gov

Visit us on Facebook



A Note From the Director

The Chicago Tribune quotes Paul Nussbaum, clinical neuropsychologist from the University of Pittsburgh, in an article in January 2014, explaining that the mental benefits to travel are clear. In a March 2014 CNN story, “This Is Your Brain on Knitting,” crafting is reported to decrease anxiety, depression and chronic pain. A recent Pew Research study reports that older adults are increasingly using technology and social media. The health benefits of volunteering were written about in a Huffington Post article in December of 2013 explaining that volunteering can lower your blood pressure and increase your lifespan. There is unlimited research about the benefits of exercise on health. Every day a new study comes out about fitness. The results are clear. Doctors should prescribe going to the Enfield Senior Center to live healthier lives.

As you look through this report, you will see all of the valuable services offered to the older adults in the Enfield community in an economical manner. Over 86,628 visits were logged last year. The Enfield Senior Center served 19,026 meals and taught 1,107 students technology skills. Seven hundred and forty two programs were offered in the 2013-14 fiscal year.

The Enfield Senior Center continues to offer programs “to enrich the mind, body and spirit of older adults in an open and accepting atmosphere.” It is truly our mission.

Sincerely,
Susan Lather
Director
Enfield Senior Center

Accomplishments

Program Expansion

- Received a grant from the Wireless Zone Foundation for Giving for \$2500 to buy 5 iPads to teach technology to older adults
- Provided evidence-based program “Powerful Tools for Caregivers” in partnership with St. Francis Care
- Offered new classes - Lower Body Barre, Zumba Toning, Men’s Fitness, and Evening Craft Series
- Aetna sponsored a very popular Genealogy series
- “Being 90” program, highlighting residents over the age of 90, was shown on E-TV and featured on the front page of the Journal Inquirer and in the Hartford Courant Enfield Extra section
- Started walking groups on the new walking trail and a bike group that meets on area bike trails
- New awning was purchased by the Friends of the Enfield Senior Center to promote and expand use of the outdoor space
- Worked with the Enfield Commission on Aging to implement a Minor Home Repair Program and Livable Communities Symposium

Marketing

- Change in newsletter. Delivered to 17,000 residents of Enfield monthly at no cost to the Town of Enfield in partnership with the Journal Inquirer
- Continue to expand reach through e-mail messages, Facebook, Pinterest, YouTube, and Twitter

Accomplishments, continued

Professional Development

- Director presented “Creating a Welcoming Culture in Your Senior Center” at the National Institute of Senior Centers and Massachusetts Councils of Aging Annual Conference
- Attended conference on Mission-Based Marketing through the Hartford Foundation for Public Giving
- Participated in Connecticut Association of Senior Center Personnel and CT Department of Aging meeting

Community Partnerships

- Alzheimer’s Association of CT holds office hours at the Senior Center monthly to provide support, answer questions and make referrals
- Neighborhood Services, through a NCAAA grant, holds office hours with a Social Worker two times a month at the Senior Center to provide Social Service assistance
- Parkway Pavilion sponsors monthly birthday cake and monthly dessert are sponsored by Heritage Woods

Continuous Improvement

- Expanded volunteer training
- Weekly e-mail updates for office volunteers
- Implemented a satisfaction survey for participants, both online and a paper survey, of the Senior Center and members of the Fitness Center achieving a 99% satisfaction level

Financials Year-end

Senior Center Fund Revenue

Recreational Program Fees	\$49,950.77
Client Fees	\$112,534.68
Sales - Cash	\$10,111.24
Misc. Contributions/Donations	\$25,891.94
Senior Center Revenue	\$198,488.63
General Fund	\$256,484.41
Total	\$454,973.04

Senior Center Fund Expenditures

Salaries	\$166,120.22
Salaries - Part Time	\$72,034.28
Stipend	\$1,009.70
Health/Medical Insurance	\$59,799.57
Life Insurance/Disability	\$837.92
Social Security (FICA)	\$14,351.50
Medicare	\$3,356.15
Workers Compensation	\$1,534.00
Professional Development	\$730.00
Technological Services	\$00
Other Professional Services	\$72,631.57
Equipment Repair & Maintenance	\$515.00
Telephone	\$9,000.00
Postage	\$4,046.96
Advertising	\$00
Printing & Reproduction	\$00
Copy & Reproduction	\$3,157.87
Travel	\$204.95
Instructional Supplies	\$1,741.98
Office Supplies	\$2,065.02
Technology Supplies/Materials	\$186.16
Other Supplies/Materials	\$460.86
Food/Food Related	\$39,058.14
Publications & Periodicals	\$581.36
Technology Equipment	\$1,149.83
Dues & Fees & Subscriptions	\$250.00
Licenses & Certifications	\$150.00
Total	\$454,973.04

Educational Seminars

- Help for Seniors in the Community
- Medicare Made Clear
- How to Protect Your Assets From Nursing Home Costs Even Without Long Term Care Insurance
- Maximizing Your Social Security Benefits – Time is Money
- Genealogy Series
- Medicare 101
- How to Avoid the Top IRS and 401K Legacy Planning Mistakes
- Listen & Learn with Superintendent of Schools and Town Manager
- How To Use Your Passion To Start a Speaking Business
- The Art of Estate Planning
- Enfield Real Estate Market
- Fire Prevention
- Advanced Directives with Probate Judge Tim Keeney
- How to Avoid the Greatest Financial Dangers Retirees Face
- Gateway to Home
- Maximizing Your Social Security Benefits
- Enfield Economic Update
- Therapeutic Gardening
- We Need To Talk
- Questions for the Senior Center Director
- Energy Awareness Workshop
- Low Tech Assistive Technology
- Senior Finances 101
- The Good Ol' Days – A Look Back in Time (1941 – 1954)

Health & Wellness Seminars

- Making the Most of your Doctor's Visit
- Diabetes 101
- What is Prehap?
- Understanding Hearing Loss
- The Importance of Vaccinations in Routine Health Care
- The Basics: Memory Loss, Dementia and Alzheimer's Disease
- Hearing Health
- What to Expect When You Come to the Emergency Room as a Senior
- Balance Problems
- Medication Reminder Techniques
- Holiday Wellcare Bingo
- Memory
- Mindfulness for Seniors
- Mini Dental Implants
- Eye Care Bingo
- What's New in Diabetes Management
- Grief and Bereavement
- Stroke Prevention and Education
- Hearing Loss
- Your Journey to Better Heart Health
- Treatment and Prevention of Back Pain
- Managing Your Medications
- Broken Sleep – An Overview of Sleep Apnea
- Eating Healthy on a Budget
- Cancer Prevention: Lifestyle Choices
- Conservative Management of Urinary Incontinence Through Physical Therapy

Health & Wellness Support Groups & Screenings

- Alzheimer's Caregiver Support Group
- Bereavement Support Series & Group
- Blood Pressure Screening
- Chair Massage and Reflexology
- Ask the Physical Therapist
- Diabetes Support Group
- Foot Care Assessment
- Foot Care Clinic
- Flu Clinics
- Gluten-Free Support Group
- Hearing Screening
- Mature Driver Safety Program Screening Day
- Powerful Tools for Caregivers
- Reiki
- Stroke Screening
- Stroke Support Group
- T.O.P.S

Health & Wellness Additional Programs

- Community Café Nutrition Program
- Meals on Wheels Nutrition Program
- Fitness Classes
- Medical Equipment Loan Closet
- Prime Fitness Health Club

Programs & Services

- AARP Driver Safety Course
- Alzheimer's Association Office Hours
- Ask The CPA
- Ask the Financial Planner
- Ask the Lawyer
- Dial-A-Ride
- Internet Access
- Legal Consultation
- Medicare & Part D Assistance
- Neighborhood Services Support
- Tax Aide Program

Entertainment & Special Events

- The Sounds of Frank
- Goldtones Summer Concert
- Blue Skies Big Band
- Monthly Movie Night
- Monthly Afternoon Ballroom Dance
- Being 90
- Firefighter Picnic
- Corvettes Doo Wop
- Cruisin' through the 50's with Jimmy Mazz
- Baby Boomer Night
- Beatles for Sale
- You've Earned a Say
- Line Dance Jamboree
- Craft Fair, Bake Sale, Pancake Breakfast
- Salute to Veterans
- The Country Jamboree
- Polish Heritage Music
- Dukes of Hazardville Band
- Goldtones Holiday Concert
- Holly, Jolly Holiday Celebration
- A Valentine Celebration with Rob Zappulla
- Monthly Birthday Party
- Monthly Surprise Dessert
- Welcome to the Enfield Senior Center

Entertainment & Special Events, Continued

- Celtic Celebration Dinner
- Baby Boomer Night with Usual Suspects
- Senior Lifestyle Expo
- The Skidmarks Fabulous 50's Band
- Celebrate 100 years of the Pearl Street Library with Edwardian Lady Kandie Carle
- The Nifty Fifties Band
- Spring Basket Raffle, Bake Sale and Pancake Breakfast
- Big Foot Melvin
- Enfield Police Senior Picnic
- Tony Funches Tribute to the Platters
- Tea with Jane Austen
- Volunteer Recognition Event

Groups & Clubs

- AARP Chapter 3062 Meetings & Events
- Billiards Group
- Book Discussion Group
- Busy Fingers Group
- Card Groups – Bridge, Canasta, Cribbage, Pinochle, Setback, Hand & Foot
- Commission on Aging
- Craft Fair Crafters
- Current Events Discussion Group
- Dominoes
- Embroidery Group
- Enfield Quilters Guild
- Enfield Single Seniors
- Goldtones Choral Group
- Heritage Group
- Investment Club
- Italian Conversation Group
- Journaling as a Transformative Tool
- Mahjong
- Polish Conversation Group
- Sassy Sewers Group
- Scrabble
- Train Club
- Wii Bowlers Group
- Woodcarvers Group
- Workshop for Poets

Fitness Classes

- Chair Exercise
- Chakra Workshop by Lynne Miller
- Jan's Exercise (1, 2, or 3 day options)
- Line Dancing - Introduction, Beginner, Advanced, Intermediate
- Lower Body Barre Trial Class
- Men's Fitness Class
- Pilates
- Salsa Dancing Lessons
- Simply Stretch & Strengthen
- Stretch, Roll & Strengthen
- Tai Chi - Introduction, Advanced Beginner, Intermediate
- Yoga - Gentle, Intermediate, Evenings
- Zumba Gold - Chair & Standing, Toning

Creative Arts Programs

- Acting 101 – Reader's Theatre
- Art for the Non-Artists
- Basket Making – Potato Basket, Bonnet Basket, Square Basket, Swing Handle Basket, Country Fair Basket, Multi-Colored Oval Basket, Holiday Basket, Harvest Table Basket, Serving Tray Basket, Pumpkin Basket
- Card Making
- Ceramics
- Chinese Watercolor
- Jewelry - Morning & Evening & All Day Workshops
- Look, See, Draw
- Look, See, Draw the Gazebo
- Mosaic Bowling Ball
- Scrapbook Workshops & Classes
- Christmas in July – Ornament Toppers
- Circle Pendant
- Flower Zipper Pin
- Memory Wire Bracelet
- UFO" Un-Finished Objects
- Spring Flower Wreath
- St. Patrick's Day Rag Wreath
- Greeting Card Wreath
- Paper Beads
- Evening Mod Podge Series
- Introduction to Crafts
- Button Bracelet

Computer Classes

- Android Tablet User Group
- Basic Computer Skills
- Beyond Basics
- Computer Help – Open Session
- MS Excel 2007
- File Management
- Attach a Picture or File to an E-mail
- Introduction to Email
- iPad User Group
- iPad – Introduction, Using Your Camera, Productivity Apps., Snapchat
- iPhone – Introduction
- MS Office 2007
- The Wonders of Google
- Navigating Your Kindle Fire
- Scanning & Basic Photo Editing
- Snipping Tool – Cut & Paste from the Internet
- Creating Date Books Using Word
- Facebook
- Introduction to Computer Graphics
- Introduction to Pinterest
- Introduction to Twitter
- Speaking Apple
- Windows 7
- Computer Fun
- Basic Photo Editing
- PowerPoint
- Expanded Computer Applications
- Creating Calendars Using Publisher
- Seasonal Greeting Cards Using Publisher
- Shopping the Internet
- Computers for Late Bloomers
- Shutterfly

Trips

- A Taste of Maine
- CT River Rambler Cruise & Kringle Candle
- Block Island
- Cape Cod
- Western Frontiers
- The Martins at Foxwoods
- New Hampshire Rail & Sail
- Mediterranean Cruise
- Charleston, South Carolina
- Vine to Wine in Vermont
- Sweet Taste of Italy
- Radio City Christmas Show
- Regal Players
- Winter Escape Cruise
- Dublin City Ramblers at Foxwoods
- The Pompeii Exhibit & Philadelphia
- Maple Sugar Tour/Kringle Candle
- Wonders of Italy
- London & Paris
- Harlem & Apollo Theatre
- Motown at Foxwoods
- Niagara Falls & the Finger Lakes
- Bermuda Cruise
- Moses & the American Treasures Tours
- Essex Steam Train & Riverboat Cruise

Community Partners

AARP 3062
Able Care Pharmacy
Advanced Wheels
Aetna Medicare
Allied Attic
Allied Rehabilitation Services
Always Best Care Sr. Services
Alzheimer's Association
American Cancer Society
American Diabetes Association
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Arthritis Foundation
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Community Health Center
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CT Commission on Aging
CT Department of Corrections
CT Historical Society
CT Medical Supply
CVS
Danny's Pizza
Dunkin' Donuts
Easter Seals
Eastern Rehabilitation Network
ECHN
Edward Jones Financial Advisors
Emeritus
End Hunger Connecticut
Enfield Adult Day Center
Enfield Athletic Hall of Fame
Enfield Commission on Aging
Enfield Dial A Ride
Enfield EMS
Enfield Family Dental
Enfield Food Shelf
Enfield Garden Club
Enfield Health Department
Enfield High School
Enfield Housing Authority
Enfield Lions Club
Enfield Police Department

Community Partners

Enfield Press
Enfield Probate Court
Enfield Public Library
Enfield Public Schools
Enfield Public Works
Enfield Registrar of Voters
Enfield Single Seniors
Enfield Woman's Club
Evergreen Health Care Rehab.
Family Ford
Felician Adult Day Care
Fermi High School
Fresh River Healthcare
Friends of the Enfield Senior Center
Friendship Tours
Gale Toyota
Gold's Gym
Golden Irene Restaurant
Great American Senior Benefits
Greater Hartford Legal Aid
Grey Physical Therapy
Growers Direct
Hartford Courant
Hartford Hospital Family Health Center
Hartford Hospital Healthcare Medical Group
Healthtrax
Hear Again Center
Hearing Loss Association of America
Heritage Hall
Holiday Retirement
Home and Community Health Services
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Meals on Wheels
Mental Health Association of CT
Mercy Hearing Center
Metronic
Molina's Cafe
Nathan Hale School
National Kidney Foundation
Network Against Domestic Abuse
North Central Chamber of Commerce
Panda Home Care
Panera Bread
Parkway Pavilion Kindred
Pedi-Care (Foot Care)
Phoenix Community Cancer Center

Community Partners

Planet Fitness
Police Benevolent Association
Primary Eye Care
Prudential CT Realty
Quail Run Estates
Raffia Road Service
Red Hats
Red Robin
Rockville Bank
Sears Hearing Center by Belltone
Senator John Kissel
SeniorNet
Shop Rite
SilverSneakers
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Roberta Calavan
Andrea Campbell
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Tom Cardarella
Shirley Carpenter
Adelmo Carrara
Joan Carrara
Barbara Carter
Wayne Carter
Rollande Champagne
Jacqueline Chaput
Helen Charrette
Ann Chase
Bradford Chase
Don Chase
Joyce Chenard
Mary Collins
Rita Cook
Eileen Cormier
Sally Cornish
William Cote
Art Cote
Beverly Croteau
Paula Crowell
Don Davis
Michael Delisa
Pat Dennis
Becky Deslouries
Jean DiCesare
Jerry Distazio
Ed Donohue
Melissa Dopp
Trudy Dorous
Florence Drouin
John DuBois
Joan Duffy

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William Edgar
Alice Egan
Marie Elliott
Don Ellis
Lynn Engler
Rita Evans
Annette Farina
John Farina
Norma Feder
Jack Flanagan
Howard Florian
Ida Foraker
Herbert Foy
Anne Marie Gallagher
Bill Gallagher
Mary Gemme
Cathy Gernand
Bob Gibson
Barbara Giordano
Bill Gordon
David Goyette
Alice Gracewski
Larry Graef
Lynn Grismala
Helen Hamel
Dot Hanscomb
Thelma Hanson
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MaryAnn Harris
Sandy Haun
Larry Hayward
Betty Heim
Bob Herron
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Marlene Hoginski
Momin Ilyas
Lloyd Jarvis
Josh Kapelner
Richard Karat
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Nancy Karcz
Linda Kelsey
Sherman Kelsey
Joan Kettler
Neal Kienholz
Bill Kiner
Jerry Kingsbury
Charles Krieg
Sophie Krzys
Pauline LaCroix
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Lorrie Langan
Barbara Lange
Jeannette Lareau
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Barbara Lawrence
Evangeline Lee
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Teri Leonaitis
Evelyn Lesniak
Elaine Levine
Dr. Priscilla Linehan
Kathy Lombard
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Philip Marcoux
Mary Marion
Don Martin
Marion Maruca
Vallory Massita
David McAlmond
Rita McCartney

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Marie McConnell
Don McCord
Cynthia McCready
Betty McGuire
Cathy McMahon
Elaine Mejia
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Anthony Messina
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Irene Moore
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Leo Paquette
Charles Pare
Harry Parlee
Ben Perreault
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Warren Poole
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Walter Przeracki
Bea Quesnel
Dora Randall
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Sandra Richard
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Dennis Sullivan
Suzanne Swanson
Kathleen Tallarita
Katie Taylor
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Maryann Tobin
Patricia Toole
Antonio Trichilo
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Bill Trumper
Yoke Twarnoch
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Mable Wages
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Joan Wood
Pam Woodward
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Bonnie Zink